

State of the Heart for African-Americans

Cardiovascular Disease in South Carolina



Burden of Disease:

- In the United States, over 100,000 African-Americans die each year from cardiovascular disease (CVD), which includes heart disease, stroke, high blood pressure, congestive heart failure, and other diseases of the circulatory system.
- CVD is South Carolina's leading killer for both men and women among all racial and ethnic groups. During 2004, 3,685 African-Americans died from CVD in South Carolina.
- African-Americans face higher risks of developing ischemic heart disease and suffer stroke deaths more often than do Caucasians. This higher illness rate results in 10 years of lost life for African-Americans in South Carolina and a stroke mortality rate that was 24 percent higher than the national average in 2003.
- Heart disease and stroke accounted for 23,876 hospitalizations in 2004 for African-American South Carolinians, with a total hospitalization cost of more than \$710 million.

Risk Factors for South Carolinians

Smoking

- Cigarette smokers have a 70 percent greater chance of dying of heart disease than nonsmokers.
- One out of every five African-American adults in South Carolina smokes.

Overweight

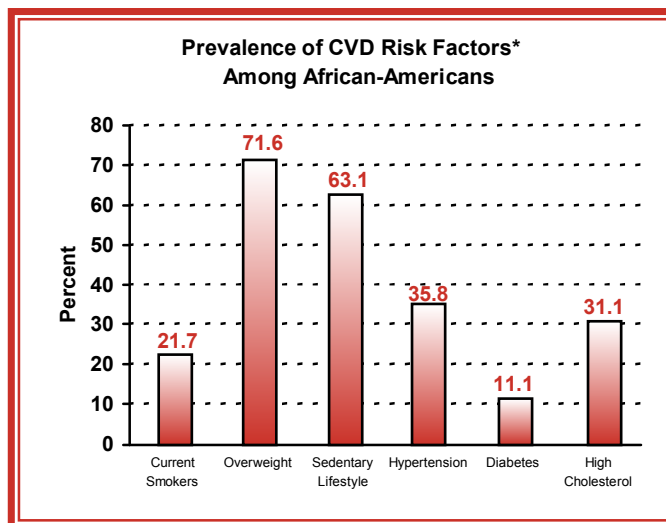
- Being overweight contributes to 32 percent of heart disease each year.
- Over 70 percent of African-Americans in South Carolina are overweight or obese. For African-American women, the number is three out of every four.

Sedentary Lifestyle

- Less active, less physically fit persons have a 30 to 50 percent greater risk of developing high blood pressure.
- When it comes to physical activity in South Carolina, almost two out of every three African-Americans are either inactive or are not regularly active.
- Physical inactivity is more common among African-American women than men.

Hypertension (High Blood Pressure)

- People with hypertension (high blood pressure) have three to four times the risk of developing heart disease than those without high blood pressure.
- One in three African-Americans in South Carolina has high blood pressure (2003 data).



*Data Source: South Carolina Behavioral Risk Factor Surveillance System 2004
Hypertension and High Cholesterol 2003 data.

Diabetes

- Two-thirds of people with diabetes die of heart disease or stroke.
- One out of every nine African-American adults in South Carolina has diabetes, which is 30 percent higher than the rate for Caucasian adults.

High Cholesterol

- Lowering blood cholesterol results in a two-fold reduction of heart disease risk.
- Nearly one in three African-Americans in South Carolina has high cholesterol (2003 data).

Estimated Economic Cost of CVD in the United States in 2006
\$257.6 billion in direct costs (i.e., physicians, hospital, medications)
\$145.5 billion in indirect costs (i.e., loss in productivity)

Stroke Among African-Americans in South Carolina



Burden of Disease for South Carolinians:

- Stroke is a leading cause of serious, long-term disability in the United States.
- South Carolina had the second highest stroke death rate in the nation in 2002 and is among a group of Southeastern states with high stroke death rates that is referred to as the "Stroke Belt."
- Stroke is the third leading cause of death for African-Americans in South Carolina, resulting in 775 deaths during 2004.
- African-Americans are more than 40 percent more likely to die from stroke than Caucasians in South Carolina.
- Stroke resulted in 4,181 hospitalizations for African-Americans in South Carolina during 2004.

Modifiable Risk Factors for Stroke:

- High blood pressure
- Cigarette smoking
- Diabetes
- Heart disease
- Poor eating habits
- Physical inactivity

How to Reduce Your Risk of Stroke:

- Get your blood pressure checked
- Stay active
- Eat a healthy diet
- Use less salt
- If you drink alcohol, drink in moderation
- Get your cholesterol level checked
- Stay smoke-free

WARNING SIGNS OF STROKE:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headaches with no known cause

Economic Cost of Stroke:

- Hospitalization costs of stroke totaled more than \$122 million for African-American South Carolinians in 2004.
- The total cost of stroke in the United States for 2006 is estimated at \$57.9 billion (both direct and indirect costs).

For more information on cardiovascular disease prevention in South Carolina, please contact:

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